

3. Teifi Loop Walk

Distance and Estimated Time: 5.63km (3.5 miles) 2½ hours, excluding rest stops. Many of the walks in the Llandysul area can be interlinked to increase or shorten the distance walked.

Terrain: This 'all season', straightforward and pretty walk, takes you from the heart of Llandysul, along country lanes, through ancient woodland and finally along the banks of the Teifi river. The walk is mostly on country lanes, but there is a substantial amount of uphill, which is reflected in the walk's grading. The uphill does however reward the walker with delightful views over the Clettwr valley. Dogs should be kept on a lead. Footwear suitable for country lanes as the river bank is usually well drained.

Suitable for: Moderately fit walkers.

Grade: B in accord with the criteria on page 1.

Start: Car park (P1) in Llandysul is at OS SN418406. The walk can be shortened by parking at Coed y Foel Woodland Trust car park OS SN428425 (P2).

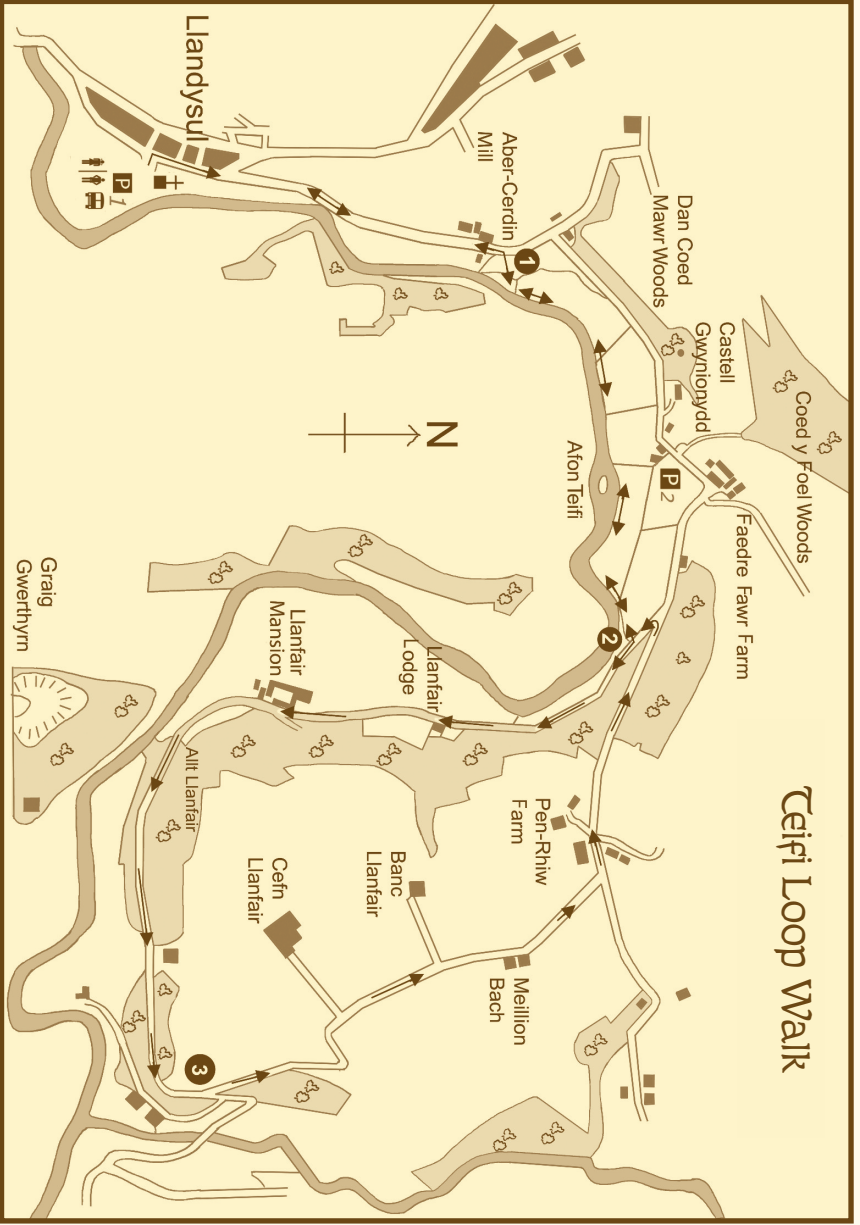
Refreshments: Llandysul offers a choice of cafés, restaurants and traditional pubs (www.llandysul-ponttyweli.co.uk). Picnic benches are located in the park adjacent to the car park and bus stop.

Public Toilets: Llandysul – Car park (P1) (accessible by disabled persons; offers baby changing facilities) OS ref SN 418406. There are no facilities at Coed y Foel woodland car park OS SN428425.

Maps: O/S map Explorer 185 1:25000 Newcastle Emlyn/Castell Newydd Emlyn.

Route options:

Shorter Option – Start at Coed y Foel Woodland Trust car park (P2) (4km, 1hr shorter, excluding rest stops), but this will avoid the final section along the banks of the beautiful Afon Teifi.



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Detailed route description

Llandysul to the Afon Cerdin

Turn right out of the car park in Llandysul town centre onto Church Street and shortly after passing the Porth Hotel turn/bear right to walk past a row of terraced houses into a country lane (narrow at times). After 500m pass a large farm/mill building on the left (Abercerdin Mill) and over a small road bridge crossing the Afon Cerdin ①.

Afon Cerdin along the banks of the Afon Teifi

Just after the road bridge over the Afon Cerdin go through the kissing gate on the right and cross the field eastwards (stile hidden in the hedge ahead), towards the Teifi River (pronounced Tiv-ee). Turn left (upstream) and follow the river over six stiles to reach a tarmac road ② (at the 5th stile is a small stream that could be difficult to cross after very heavy rain).

Short option – From Coed y Foel Woodland Trust car park OS SN428425 (P2), re-gain the road, turn left, and follow the road uphill passing Faerdre Fawr farm and Troed y Rhiw house. After approx 200m turn right, signposted Llanfair. This is the tarmac road described above.

Afon Teifi and back to the Afon Teifi

On the tarmac road turn right, pass Llanfair Lodge and follow the road to Llanfair Mansion. The road now makes its way gently uphill, flanked by conifer trees. After some sharp bends the trees disappear and the walk turns left ③ to Cefn Llanfair, waymarked The Honorwood Flocks Wool and Mohair Showroom. The road now continues to climb following the line of the Clettwr Valley down to the right, until it meets the main Llandysul – Capel Dewi road. At the T junction, turn left, passing Penrhiw farm (bench) and continue downhill, take the next left turn (signposted Llanfair) and rejoin the track alongside the Afon Teifi (waymarked sign).

Return to Coed y Foel Woodland Trust car park – do not take the final left turn (signposted Llanfair), instead continue straight on for 550m passing Faedre Fawr farm to reach Coed y Foel Woodland Trust car park.